

Fall 2015

September


Wilson Aquatic Center

202-730-0583

4551 Fort Drive NW WDC 20016

M-F 6am-9pm /Sat & Sun 9am-5pm

 MOVE • GROW • BE GREEN with 

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
Rest Week—No Classes						
6		8	9	10	11	12 PARENT / CHILD LEARN2SWIM 10:00-10:30am Level A 10:45-11:15am Level B PRESCHOOL AQUATICS 11:30-12pm Level1 12:15-12:45 Level2 1:00-1:30pm Level3
13 AQUA ZUMBA 12-12:45pm	14 BODY WISE FOR SENIORS 8-8:45am 12:12:45pm SENIORS LEARN2SWIM 3:00-3:30pm Level 1 3:30-4:00pm Level 2 ADULT LEARN2SWIM 6:00-6:30pm Level 1 6:45-7:15pm Level 2 7:30-8:15pm Level 3	15 WATER AEROBICS FOR SENIOR 9:45-10:30am PARENT CHILD LEARN 2SWIM 12:00-12:30pm Level A 12:30-1:15pm Level B PRESCHOOL AQUATICS 1:30-2:00pm Level 1 CHILD LEARN2SWIM 4:30-5:00pm Level 1 5:15-5:45pm Level 2 6:00-6:30pm Level 3 7:00-7:45pm Level 4 DEEP WATER DRILLS & SKILLS 7:00-7:45PM	16 DEEP WATER EXERCISE 6:30-7:15am BODY WISE FOR SENIORS 8-8:45am 12:12:45pm SENIOR LEARN2SWIM 3:00-3:30pm Level 1 3:30-4:00pm Level 2 ADULT LEARN2SWIM 6:00-6:30pm Level 1 6:45-7:15pm Level 2 7:30-8:15pm Level 3	17 WATER AEROBICS FOR SENIOR 9:45-10:30am PARENT / CHILD LEARN2SWIM 12:00-12:30pm Level A 12:30-1:15pm Level B PRESCHOOL AQUATICS 1:30-2:00pm Level 1 CHILD LEARN2SWIM 4:30-5:00pm Level 1 5:15-5:45pm Level 2 6:00-6:30pm Level 3 7:00-7:45pm Level 4 DEEP WATER DRILLS & SKILLS 7:00-7:45PM	18 DEEP WATER EXERCISE 6:30-7:15am BODY WISE FOR SENIORS 12:12:45pm	19 PARENT / CHILD LEARN2SWIM 10:00-10:30am Level A 10:45-11:15am Level B PRESCHOOL AQUATICS 11:30-12pm Level1 12:15-12:45 Level2 1:00-1:30pm Level3
20 AQUA ZUMBA 12-12:45pm	21 SENIORS LEARN2SWIM 3:00-3:30pm Level 1 3:30-4:00pm Level 2 JR WAVE 4:00-5:00PM ADULT LEARN2SWIM 6:00-6:30pm Level 1 6:45-7:15pm Level 2 7:30-8:15pm Level 3	22 PARENT CHILD LEARN2SWIM 12:00-12:30pm Level A 12:30-1:15pm Level B PRESCHOOL AQUATICS 1:30-2:00pm Level 1 CHILD LEARN2SWIM 4:30-5:00pm Level 1 5:15-5:45pm Level 2 6:00-6:30pm Level 3 7:00-7:45pm Level 4 DEEP WATER DRILLS & SKILLS 7:00-7:45PM	23 DEEP WATER EXERCISE 6:30-7:15am SENIOR LEARN2SWIM 3:00-3:30pm Level 1 3:30-4:00pm Level 2 JR WAVE 4:00-5:00pm ADULT LEARN2SWIM 6:00-6:30pm Level 1 6:45-7:15pm Level 2 7:30-8:15PM Level 3	24 PARENT/CHILD LEARN2SWIM 12:00-12:30pm Level A 12:30-1:15pm Level B PRESCHOOL AQUATICS 1:30-2:00pm Level 1 CHILD LEARN2SWIM 4:30-5:00pm Level 1 5:15-5:45pm Level 2 6:00-6:30pm Level 3 7:00-7:45pm Level 4 DEEP WATER DRILLS & SKILLS 7:00-7:45PM	25 DEEP WATER EXERCISE 6:30-7:15am	26 PARENT / CHILD LEARN2SWIM 10:00-10:30am Level A 10:45-11:15am Level B PRESCHOOL AQUATICS 11:30-12pm Level1 12:15-12:45 Level2 1:00-1:30pm Level3
27 AQUA ZUMBA 12-12:45pm	28 BODY WISE FOR SENIORS 8-8:45am 12:12:45pm SENIORS LEARN2SWIM 3:00-3:30pm Level 1 3:30-4:00pm Level 2 JR WAVE 4:00-5:00pm ADULT LEARN2SWIM 6:00-6:30pm Level 1 6:45-7:15pm Level 2 7:30-8:15pm Level 3	29 WATER AEROBICS FOR SENIOR 9:45:10:30AM PARENT CHILD LEARN 2SWIM 12:00-12:30pm Level A 12:30-1:15pm Level B PRESCHOOL AQUATICS 1:30-2:00pm Level 1 CHILD LEARN2SWIM 4:30-5:00pm Level 1 5:15-5:45pm Level 2 6:00-6:30pm Level 3 7:00-7:45pm Level 4 DEEP WATER DRILLS & SKILLS 7:00-7:45PM	30 DEEP WATER EXERCISE 6:30-7:15am BODY WISE FOR SENIORS 8-8:45am 12:12:45pm SENIOR LEARN2SWIM 3:00-3:30pm Level 1 3:30-4:00pm Level 2 JR WAVE 4:00-5:00pm ADULT LEARN2SWIM 6:00-6:30pm Level 1 6:45-7:15pm Level 2 7:30-8:15pm Level 3	1	2	3

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M-F 6am-9pm /Sat & Sun 9-5pm

MOVE • GROW • BE GREEN with  DPR
DEPARTMENT OF PARKS AND RECREATION

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 WATER AEROBICS FOR SENIOR 9:45-10:30am PARENT CHILD LEARN 2SWIM 12:00-12:30pm Level A 12:30-1:15pm Level B PRESCHOOL AQUATICS 1:30-2:00pm Level 1 CHILD LEARN2SWIM 4:30-5:00pm Level 1 5:15-5:45pm Level 2 6:00-6:30pm Level 3 7:00-7:45pm Level 4 DEEP WATER DRILLS & SKILLS 7:00-7:45PM	2 DEEP WATER EXERCISE 6:30-7:15AM BODY WISE FOR SENIORS 12:00-12:45pm JR WAVE 4:00-5:00pm	3 PARENT/CHILD LEARN2SWIM 10:00-10:30am Level A 10:45-11:15am Level B PRESCHOOL AQUATICS 11:30-12pm Level 1 12:15-12:45pm Level 2 1:00-1:30pm Level 3
4 AQUA ZUMBA 12:00-12:45pm	5 DEEP WATER EXERCISE 6:30-7:15AM BODY WISE FOR SENIORS 8:00-8:45 12:00-12:45pm SENIOR LEARN2SWIM 3:00-3:30pm Level 1 3:30-4:00pm Level 2 JR WAVE 4:00-5:00PM ADULT LEARN2SWIM 6:00-6:30PM Level 1 6:45-7:15pm Level 2 7:30-8:15pm Level 3	6 WATER AEROBICS FOR SENIOR 9:45-10:30am PARENT CHILD LEARN 2SWIM 12:00-12:30pm Level A 12:30-1:15pm Level B PRESCHOOL AQUATICS 1:30-2:00pm Level 1 CHILD LEARN2SWIM 4:30-5:00pm Level 1 5:15-5:45pm Level 2 6:00-6:30pm Level 3 7:00-7:45pm Level 4 DEEP WATER DRILLS & SKILLS 7:00-7:45PM	7 DEEP WATER EXERCISE 6:30-7:15AM BODY WISE FOR SENIORS 8:00-8:45 12:00-12:45pm SENIOR LEARN2SWIM 3:00-3:30pm Level 1 3:30-4:00pm Level 2 JR WAVE 4:00-5:00PM ADULT LEARN2SWIM 6:00-6:30PM Level 1 6:45-7:15pm Level 2 7:30-8:15pm Level 3	8 WATER AEROBICS FOR SENIOR 9:45-10:30am PARENT CHILD LEARN 2SWIM 12:00-12:30pm Level A 12:30-1:15pm Level B PRESCHOOL AQUATICS 1:30-2:00pm Level 1 CHILD LEARN2SWIM 4:30-5:00pm Level 1 5:15-5:45pm Level 2 6:00-6:30pm Level 3 7:00-7:45pm Level 4 DEEP WATER DRILLS & SKILLS 7:00-7:45PM	9 DEEP WATER EXERCISE 6:30-7:15AM BODY WISE FOR SENIORS 12:00-12:45pm JR WAVE 4:00-5:00pm	10 PARENT/CHILD LEARN2SWIM 10:00-10:30am Level A 10:45-11:15am Level B PRESCHOOL AQUATICS 11:30-12pm Level 1 12:15-12:45pm Level 2 1:00-1:30pm Level 3
11 AQUA ZUMBA 12:00-12:45pm	12 	13 Make	14 BODY WISE FOR SENIORS 8:00-8:45 /12:00-12:45PM	15 WATER AEROBICS FOR SENIOR 9:45-10:30am	16 BODY WISE FOR SENIORS 12:00-12:45pm JR WAVE 4:00-5:00pm	17 PARENT/CHILD LEARN2SWIM 10:00-10:30am Level A 10:45-11:15am Level B PRESCHOOL AQUATICS 11:30-12pm Level 1 12:15-12:45pm Level 2 1:00-1:30pm Level 3
18 AQUA ZUMBA 12:00-12:45pm	19 BODY WISE FOR SENIORS 8:00-8:45 12:00-12:45pm SENIOR LEARN2SWIM 3:00-3:30pm Level 1 3:30-4:00pm Level 2 JR WAVE 4:00-5:00PM ADULT LEARN2SWIM 6:00-6:30PM Level 1 6:45-7:15pm Level 2 7:30-8:15pm Level 3	20 WATER AEROBICS FOR SENIOR 9:45-10:30am PARENT CHILD LEARN 2SWIM 12:00-12:30pm Level A 12:30-1:15pm Level B PRESCHOOL AQUATICS 1:30-2:00pm Level 1 CHILD LEARN2SWIM 4:30-5:00pm Level 1 5:15-5:45pm Level 2 6:00-6:30pm Level 3 7:00-7:45pm Level 4 DEEP WATER DRILLS & SKILLS 7:00-7:45pm	21 DEEP WATER EXERCISE 6:30-7:15AM BODY WISE FOR SENIORS 8:00-8:45 12:00-12:45pm SENIOR LEARN2SWIM 3:00-3:30pm Level 1 3:30-4:00pm Level 2 JR WAVE 4:00-5:00PM ADULT LEARN2SWIM 6:00-6:30PM Level 1 6:45-7:15pm Level 2 7:30-8:15pm Level 3	22 WATER AEROBICS FOR SENIOR 9:45-10:30am PARENT CHILD LEARN 2SWIM 12:00-12:30pm Level A 12:30-1:15pm Level B PRESCHOOL AQUATICS 1:30-2:00pm Level 1 CHILD LEARN2SWIM 4:30-5:00pm Level 1 5:15-5:45pm Level 2 6:00-6:30pm Level 3 7:00-7:45pm Level 4 DEEP WATER DRILLS & SKILLS 7:00-7:45pm	23 DEEP WATER EXERCISE 6:30-7:15AM	24 PARENT/CHILD LEARN2SWIM 10:00-10:30am Level A 10:45-11:15am Level B PRESCHOOL AQUATICS 11:30-12pm Level 1 12:15-12:45pm Level 2 1:00-1:30pm Level 3
25 AQUA ZUMBA 12:00-12:45pm	26 JR. WAVE 4:00-5:00pm	27 WATER AEROBICS FOR SENIOR 9:45-10:30am PARENT CHILD LEARN 2SWIM 12:00-12:30pm Level A 12:30-1:15pm Level B PRESCHOOL AQUATICS 1:30-2:00pm Level 1 CHILD LEARN2SWIM 4:30-5:00pm Level 1 5:15-5:45pm Level 2 6:00-6:30pm Level 3 7:00-7:45pm Level 4 DEEP WATER DRILLS & SKILLS 7:00-7:45pm	28 DEEP WATER EXERCISE 6:30-7:15AM BODY WISE FOR SENIORS 8:00-8:45 12:00-12:45pm SENIOR LEARN2SWIM 3:00-3:30pm Level 1 3:30-4:00pm Level 2 JR WAVE 4:00-5:00PM ADULT LEARN2SWIM 6:00-6:30PM Level 1 6:45-7:15pm Level 2 7:30-8:15pm Level 3	29 WATER AEROBICS FOR SENIOR 9:45-10:30am PARENT CHILD LEARN 2SWIM 12:00-12:30pm Level A 12:30-1:15pm Level B PRESCHOOL AQUATICS 1:30-2:00pm Level 1 CHILD LEARN2SWIM 4:30-5:00pm Level 1 5:15-5:45pm Level 2 6:00-6:30pm Level 3 7:00-7:45pm Level 4 DEEP WATER DRILLS & SKILLS 7:00-7:45pm	30 DEEP WATER EXERCISE 6:30-7:15AM JR. WAVE 4:00-5:00pm	31 PARENT/CHILD LEARN2SWIM 10:00-10:30am Level A 10:45-11:15am Level B PRESCHOOL AQUATICS 11:30-12pm Level 1 12:15-12:45pm Level 2 1:00-1:30pm Level 3

Fall 2015

November

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M-F 6:00am-9:00pm /Sat & Sun 9:00am-5:00pm

MOVE • GROW • BE GREEN *with*  DPR
DEPARTMENT OF PARKS AND RECREATION

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 AQUA ZUMBA 12:00-12:45pm	2 BODY WISE FOR SENIORS 8:00-8:45 12:00-12:45pm SENIOR LEARN2SWIM 3:00-3:30pm Level 1 3:30-4:00pm Level 2 JR WAVE 4:00-5:00PM ADULT LEARN2SWIM 6:00-6:30PM Level 1 6:45-7:15pm Level 2 7:30-8:15pm Level 3	3 WATER AEROBICS FOR SENIOR 9:45-10:30am PARENT CHILD LEARN 2SWIM 12:00-12:30pm Level A 12:30-1:15pm Level B PRESCHOOL AQUATICS 1:30-2:00pm Level 1 CHILD LEARN2SWIM 4:30-5:00pm Level 1 5:15-5:45pm Level 2 6:00-6:30pm Level 3 7:00-7:45pm Level 4 DEEP WATER DRILLS & SKILLS 7:00-7:45PM	4 DEEP WATER EXERCISE 6:30BODY WISE FOR SENIORS 8:00-8:45 12:00-12:45pm SENIOR LEARN2SWIM 3:00-3:30pm Level 1 3:30-4:00pm Level 2 JR WAVE 4:00-5:00PM ADULT LEARN2SWIM 6:00-6:30PM Level 1 6:45-7:15pm Level 2 7:30-8:15pm Level 3 -7:15AM	5 WATER AEROBICS FOR SENIOR 9:45-10:30am PARENT CHILD LEARN 2SWIM 12:00-12:30pm Level A 12:30-1:15pm Level B PRESCHOOL AQUATICS 1:30-2:00pm Level 1 CHILD LEARN2SWIM 4:30-5:00pm Level 1 5:15-5:45pm Level 2 6:00-6:30pm Level 3 7:00-7:45pm Level 4 DEEP WATER DRILLS & SKILLS 7:00-7:45PM	6 DEEP WATER EXERCISE 6:30-7:15AM 6:30BODY WISE FOR SENIORS 12:00-12:45pm JR WAVE 4:00-5:00pm	7
8	9 BODY WISE FOR SENIORS 8:00-8:45 12:00-12:45pm SENIOR LEARN2SWIM 3:00-3:30pm Level 1 3:30-4:00pm Level 2 JR WAVE 4:00-5:00PM ADULT LEARN2SWIM 6:00-6:30PM Level 1 6:45-7:15pm Level 2 7:30-8:15pm Level 3	10 WATER AEROBICS FOR SENIOR 9:45-10:30am PARENT CHILD LEARN 2SWIM 12:00-12:30pm Level A 12:30-1:15pm Level B PRESCHOOL AQUATICS 1:30-2:00pm Level 1 CHILD LEARN2SWIM 4:30-5:00pm Level 1 5:15-5:45pm Level 2 6:00-6:30pm Level 3 7:00-7:45pm Level 4 DEEP WATER DRILLS & SKILLS 7:00-7:45PM	11	12 WATER AEROBICS FOR SENIOR 9:45-10:30am PARENT CHILD LEARN 2SWIM 12:00-12:30pm Level A 12:30-1:15pm Level B PRESCHOOL AQUATICS 1:30-2:00pm Level 1 CHILD LEARN2SWIM 4:30-5:00pm Level 1 5:15-5:45pm Level 2 6:00-6:30pm Level 3 7:00-7:45pm Level 4 DEEP WATER DRILLS & SKILLS 7:00-7:45PM	13 DEEP WATER EXERCISE 6:30-7:15AM 6:30BODY WISE FOR SENIORS 12:00-12:45pm JR WAVE 4:00-5:00pm	14
15	16 BODY WISE FOR SENIORS 8:00-8:45 12:00-12:45pm SENIOR LEARN2SWIM 3:00-3:30pm Level 1 3:30-4:00pm Level 2 JR WAVE 4:00-5:00PM ADULT LEARN2SWIM 6:00-6:30PM Level 1 6:45-7:15pm Level 2 7:30-8:15pm Level 3	17 WATER AEROBICS FOR SENIOR 9:45-10:30am	18 BODY WISE FOR SENIORS 8:00-8:45 12:00-12:45pm JR WAVE 4:00-5:00pm	19 WATER AEROBICS FOR SENIOR 9:45-10:30am	20 6:30BODY WISE FOR SENIORS 12:00-12:45pm JR WAVE 4:00-5:00pm	21
22	23	24	25	<div> Happy Thanksgiving</div>		
Make Up Week—No Scheduled Classes						
29	30	1	2	3	4	5